



Lewis County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Lewis County School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Lewis County School System that includes:

- School Health Advisory Committee
- Four Healthy School Teams
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$773,711 including CSH grant funding, \$413,711 without including CSH funding being counted.

Community partnerships have been formed to address school health issues. Current partners include:

- Lewis County Health Council
- Lewis County Health Council Youth Subcommittee
- Lewis County Health Council Wellness Subcommittee
- Lewis County Health Department
- South Central Regional Health Department
- Tennessee State Department of Health
- Family Resource Center
- UT Extension
- TNCEP- Tennessee Nutrition Coalition Education Program
- Office of Economic Community Development
- Lewis Health Center
- Centerstone Mental Health Center
- PTO-Parent Teacher Organization
- Lewis County Government
- Area 31 Special Olympics
- Lewis County Food Bank
- Second Harvest Food Bank of Middle Tennessee

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities including Healthy School Teams, health screenings volunteers, parent advisory boards, health council (including youth and wellness subcommittees), and volunteers in general. Currently, 35 parents are collaborating with CSH.

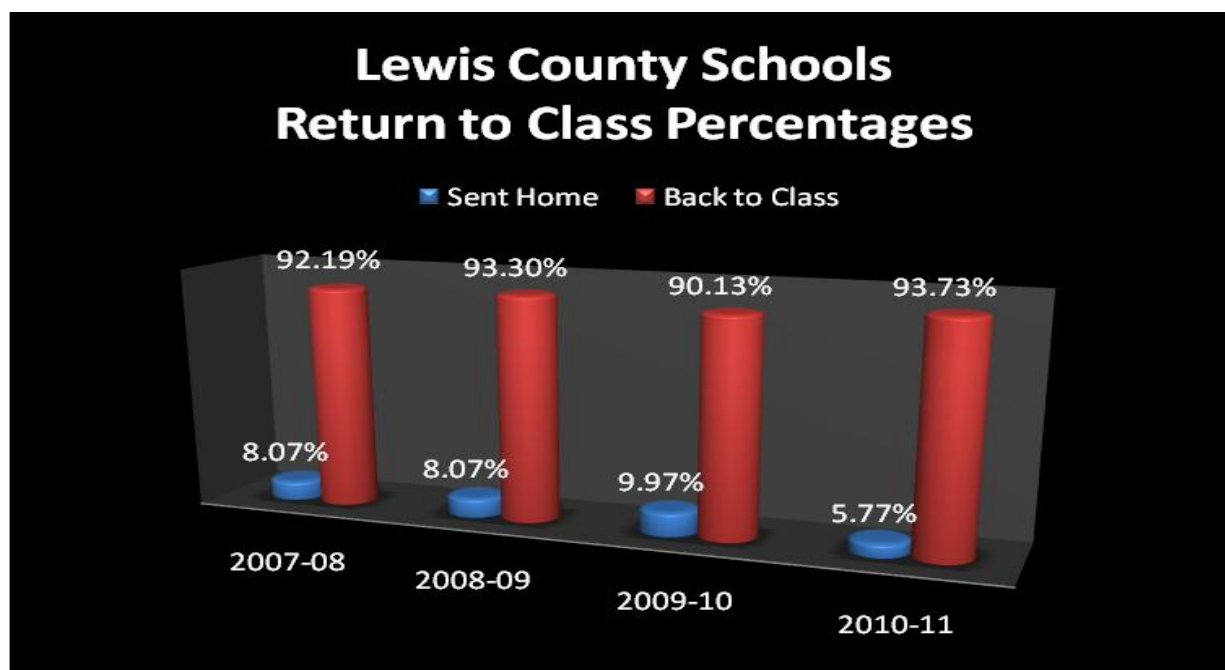
Students have been engaged in CSH activities. These activities include students assisting with athletic physicals, Teen Ambassadors, assisting with the 2nd and 4th Grade Health Fair, and choosing playground structures for the new playground. Approximately 30 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Lewis County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers (2010-11 school year) – 812 students were screened in grades K, 2, 4, 6, 8, and high school wellness, 53 vision referrals were made for those students, Well Child, Inc performed 241 well child examinations, 116 referrals were made to the PCP;

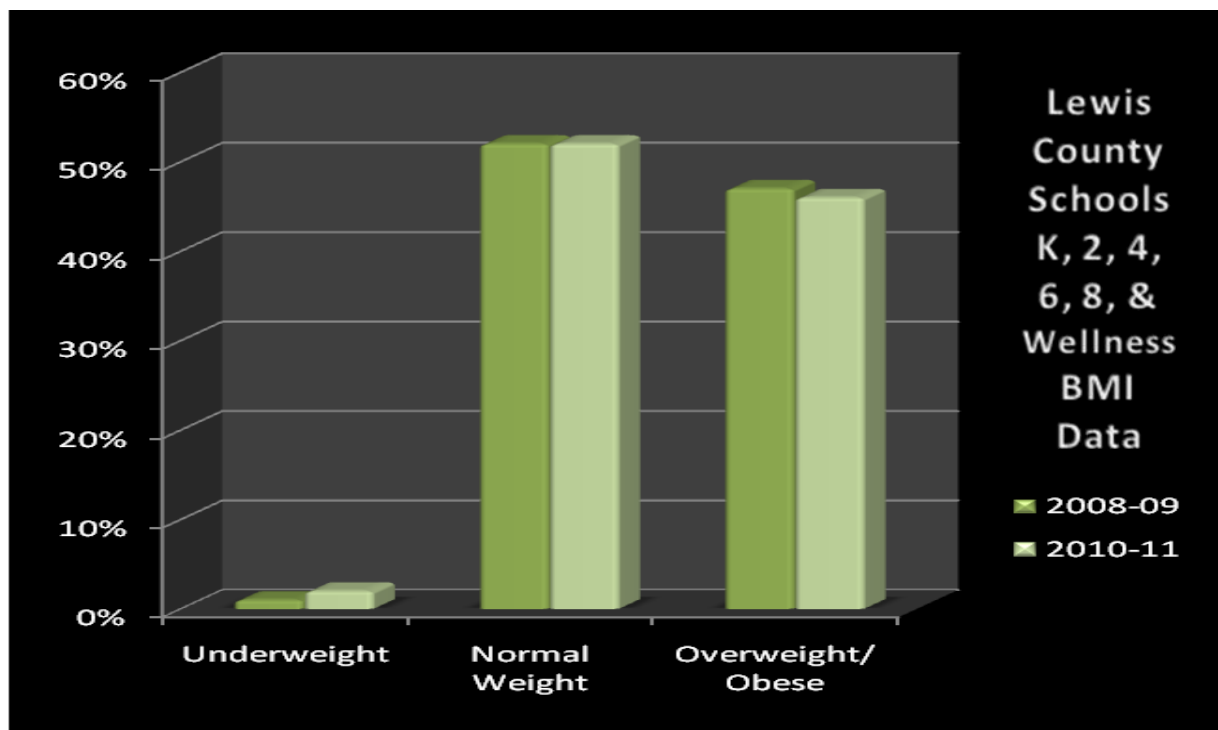
Students have been seen by a school nurse and returned to class. Based on preliminary data for the 2010-11 school year, the Lewis County School System's return to class percentage is 93.73%.



BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA.

BMI data for the 2010-11 school year is as follows for K, 2, 4, 6, 8, and High School Wellness

Underweight	2%
Normal Weight	52%
Overweight/Obese	46%



Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include partnering with S.C.O.R.E. to provide an indoor fitness center, playground equipment, Michigan Model, C.A.T.C.H, and Take 10! Curriculum;

Professional development has been provided to school health staff such as counselors, physical education teachers, and nurses. Examples include: TAHPERD for physical education teachers, Michigan Model training, Take 10! training, National School Nurses Conferences in Chicago, Mean Girls Workshop for guidance counselors, and Yes 2 Kids Conference;

School faculty and staff have received support for their own well-being through a weight maintenance program, physical activity log incentives, work-out videos available for check out in Fitness Center library, quarterly newsletters, and teacher appreciation tents at field day.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – curriculum purchases such as Michigan Model, Catch, Take 10!, resources for health education such as models, diabetes education funded by Project Diabetes;
- Physical Education/Physical Activity Interventions – monitoring 90 minutes of physical activity law, playground improvements, addition of a walking track, and physical education equipment purchases;
- Nutrition Interventions – Fresh Fruits and Vegetables grant for 2 years, work with school nutrition supervisor, monthly Nutrition Nuggets and Food and Fitness newsletters sent home and available online at our website;

- Mental Health/Behavioral Health Interventions – monthly guidance meetings, hosted tri-county guidance workshop, purchased materials to assist this curriculum, especially those geared toward health education

CSH wrote the Project Diabetes grant for \$250,000 and was awarded. This grant was able to provide health education materials for health education, playground equipment at Lewis County schools (open to the public after school hours and in the summer), a walking track for Lewis County schools (open to the public after school hours and in the summer), basketball court for Lewis County schools (open to the public after school hours and in the summer), and playground equipment for the community park.

CSH and guidance partnered with a local business including Lewis County Food Bank and Second Harvest Food Bank of Middle Tennessee to provide a Backpack Buddies program for Lewis County Elementary School students. We served 30 students.

CSH and guidance partnered to create a clothing closet for grades Pre-K through high school.

The Lewis County School System received the Eat Well, Play More grant to increase physical activity opportunities (\$20,000) by adding more playground equipment.

In such a short time, CSH in the Lewis County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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